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Dkt. 2269/62301-Z

**Listing of Claims**

The following listing of claims will replace all prior versions, and listings, of claims in the subject application:

Claims 1-8 (canceled).

9. (currently amended) A method for formatting an optical information recording medium, comprising the steps of:  
performing a power calibration by a drive,  
determining a first recording power to be used for recording data, as a result of the power calibration, and  
formatting the medium at a second recording power for formatting which is lower than, and is a fraction of, the first recording power for recording data determined as a result of the power calibration.

10. (previously presented) An optical information recording medium formatted by the method of claim 9.

11. (new) The method of claim 9, wherein the fraction is 1 or less.